

**Organizator:** Fundacja Run Vegan  
**Data:** 2022-10-15  
**Miejsce:** Warszawa  
**Dystans:** 3 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1 Okrążenie 1km	2 Okrążenie 2km	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
1	<b>TOKARSKI Piotr</b>	<b>157</b>		M Open	1	00:00:00	00:03:14	00:06:29	<b>00:09:53.55</b>	<b>00:09:54.40</b>		3:17	18.2 (100%)
2	<b>KLECZEWSKI Piotr</b>	<b>64</b>		M Open	2	00:00:01	00:03:20	00:06:44	<b>00:10:16.00</b>	<b>00:10:17.00</b>	+00:00:22 (3.6%)	3:25	17.5 (96.2%)
3	<b>HILDEBRAND Marcin</b>	<b>54</b>		M Open	3	00:00:01	00:03:20	00:06:51	<b>00:10:24.40</b>	<b>00:10:25.60</b>	+00:00:30 (4.9%)	3:28	17.3 (95.1%)
4	<b>KAŹMIERCZAK Marta</b>	<b>43</b>		K Open	1	00:00:01	00:03:39	00:07:28	<b>00:11:15.50</b>	<b>00:11:16.65</b>	+00:01:21 (12.1%)	3:45	16 (87.9%)
5	<b>BUJNOWSKA Małgorzata</b>	<b>22</b>		K Open	2	00:00:00	00:03:54	00:08:11	<b>00:12:17.30</b>	<b>00:12:17.70</b>	+00:02:23 (19.5%)	4:05	14.7 (80.8%)
6	<b>KNYCHAS Darek</b>	<b>69</b>	PZU SPORT TEAM	M Open	4	00:00:01	00:04:04	00:08:16	<b>00:12:18.90</b>	<b>00:12:20.40</b>	+00:02:25 (19.7%)	4:06	14.6 (80.2%)
7	<b>SKAWSKI Jan</b>	<b>146</b>	VEGAS WĘGORZEWO RUNNING	M Open	5	00:00:01	00:04:11	00:08:25	<b>00:12:33.05</b>	<b>00:12:34.10</b>	+00:02:39 (21.2%)	4:11	14.3 (78.6%)
8	<b>MIĄSKO Wojciech</b>	<b>101</b>	12TRI.PL	M Open	7	00:00:02	00:04:10	00:08:28	<b>00:12:44.80</b>	<b>00:12:46.95</b>	+00:02:51 (22.4%)	4:14	14.1 (77.5%)
9	<b>TCHÓRZEWSKI Jakub</b>	<b>154</b>		M Open	6	00:00:10	00:03:17	00:06:06	<b>00:12:38.85</b>	<b>00:12:49.80</b>	+00:02:45 (21.8%)	4:12	14.2 (78.0%)
9	<b>PILECKI Adrian</b>	<b>120</b>		M Open	8	00:00:01	00:03:54	00:08:15	<b>00:12:48.00</b>	<b>00:12:49.80</b>	+00:02:54 (22.7%)	4:16	14.1 (77.5%)
11	<b>SZEWczyk Tomasz</b>	<b>150</b>		M Open	9	00:00:03	00:04:08	00:08:31	<b>00:12:59.10</b>	<b>00:13:02.10</b>	+00:03:05 (23.8%)	4:19	13.9 (76.4%)
12	<b>SZCZERBA Łukasz</b>	<b>149</b>	W POGONI ZA DUCHEM	M Open	10	00:00:07	00:04:16	00:08:46	<b>00:13:07.45</b>	<b>00:13:14.90</b>	+00:03:13 (24.6%)	4:22	13.7 (75.3%)
13	<b>BOMBAŁA Mateusz</b>	<b>19</b>		M Open	11	00:00:06	00:04:16	00:08:47	<b>00:13:09.55</b>	<b>00:13:16.35</b>	+00:03:16 (24.8%)	4:23	13.7 (75.3%)
14	<b>CHOJNOWSKA Magdalena</b>	<b>26</b>		K Open	3	00:00:01	00:04:09	00:08:43	<b>00:13:22.25</b>	<b>00:13:23.90</b>	+00:03:28 (26.0%)	4:27	13.5 (74.2%)
15	<b>PACHNIK Karol</b>	<b>111</b>		M Open	12	00:00:06	00:04:28	00:09:05	<b>00:13:29.20</b>	<b>00:13:36.15</b>	+00:03:35 (26.6%)	4:29	13.3 (73.1%)
16	<b>KUPNIEWSKI Sebastian</b>	<b>79</b>		M Open	15	00:00:01	00:04:05	00:08:46	<b>00:13:34.90</b>	<b>00:13:36.35</b>	+00:03:41 (27.2%)	4:31	13.3 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1	2	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Okrażenie 1km	Okrażenie 2km	3km	3km			
17	<b>CHUDZIK Sebastian</b>	<b>32</b>		M Open	14	00:00:07	00:04:26	00:08:55	<b>00:13:30.30</b>	<b>00:13:37.65</b>	+00:03:36 (26.7%)	4:30	13.3 (73.1%)
18	<b>APANOWICZ Angelika</b>	<b>11</b>	EKOBIEGI	K Open	4	00:00:08	00:04:30	00:08:58	<b>00:13:29.35</b>	<b>00:13:38.30</b>	+00:03:35 (26.7%)	4:29	13.3 (73.1%)
19	<b>PARADOWSKA Krzysztof</b>	<b>116</b>		M Open	13	00:00:11	00:04:40	00:09:08	<b>00:13:29.60</b>	<b>00:13:40.90</b>	+00:03:36 (26.7%)	4:29	13.3 (73.1%)
20	<b>SZMIGIELSKI Krystian</b>	<b>151</b>		M Open	16	00:00:02	00:04:11	00:08:56	<b>00:13:51.90</b>	<b>00:13:54.80</b>	+00:03:58 (28.7%)	4:37	13 (71.4%)
21	<b>REWERA Robert</b>	<b>132</b>	PKO BANK POLSKI	M Open	17	00:00:02	00:04:30	00:09:16	<b>00:13:54.20</b>	<b>00:13:56.70</b>	+00:04:00 (28.8%)	4:38	12.9 (70.9%)
22	<b>FILIPOWICZ Natalia</b>	<b>39</b>		K Open	5	00:00:03	00:04:31	00:09:10	<b>00:13:57.65</b>	<b>00:14:01.35</b>	+00:04:04 (29.1%)	4:39	12.9 (70.9%)
23	<b>ZACZYK Jakub</b>	<b>175</b>	OLYMPUS	M Open	18	00:00:04	00:04:41	00:09:16	<b>00:13:58.50</b>	<b>00:14:03.35</b>	+00:04:04 (29.2%)	4:39	12.9 (70.9%)
24	<b>DĘBSKI Grzegorz</b>	<b>38</b>		M Open	20	00:00:01	00:04:33	00:09:32	<b>00:14:03.30</b>	<b>00:14:05.25</b>	+00:04:09 (29.6%)	4:41	12.8 (70.3%)
25	<b>BRZozowska Magdalena</b>	<b>21</b>	BIEGUSTATORZY	K Open	6	00:00:01	00:04:30	00:09:17	<b>00:14:04.55</b>	<b>00:14:06.10</b>	+00:04:11 (29.7%)	4:41	12.8 (70.3%)
26	<b>KĄKOL Tomasz</b>	<b>62</b>		M Open	19	00:00:06	00:04:30	00:09:11	<b>00:14:02.65</b>	<b>00:14:09.35</b>	+00:04:09 (29.6%)	4:40	12.8 (70.3%)
27	<b>BOGUCKI Dariusz</b>	<b>18</b>		M Open	23	00:00:04	00:04:37	00:09:30	<b>00:14:10.60</b>	<b>00:14:14.80</b>	+00:04:17 (30.2%)	4:43	12.7 (69.8%)
28	<b>PUŁAWSKA Gabriela</b>	<b>126</b>		K Open	7	00:00:06	00:04:36	00:09:24	<b>00:14:11.75</b>	<b>00:14:18.50</b>	+00:04:18 (30.3%)	4:43	12.7 (69.8%)
29	<b>PIOTROWSKI Arek</b>	<b>65</b>		M Open	22	00:00:11	00:04:46	00:09:29	<b>00:14:07.85</b>	<b>00:14:19.55</b>	+00:04:14 (30.0%)	4:42	12.8 (70.3%)
30	<b>PUSTY Tomasz</b>	<b>129</b>		M Open	21	00:00:14	00:04:36	00:09:24	<b>00:14:06.10</b>	<b>00:14:20.20</b>	+00:04:12 (29.8%)	4:42	12.8 (70.3%)
31	<b>CHOTKIEWICZ Ola</b>	<b>27</b>		K Open	8	00:00:06	00:04:42	00:09:33	<b>00:14:15.20</b>	<b>00:14:21.70</b>	+00:04:21 (30.6%)	4:45	12.6 (69.2%)
32	<b>KONIEC Kamil</b>	<b>70</b>		M Open	24	00:00:02	00:04:28	00:09:18	<b>00:14:25.60</b>	<b>00:14:28.20</b>	+00:04:32 (31.4%)	4:48	12.5 (68.7%)
33	<b>KWIATKOWSKI Maciej</b>	<b>81</b>		M Open	25	00:00:06	00:04:04	00:09:21	<b>00:14:28.05</b>	<b>00:14:34.90</b>	+00:04:34 (31.6%)	4:49	12.4 (68.1%)
34	<b>RADZIKOWSKI Franek</b>	<b>130</b>		M Open	26	00:00:04	00:04:39	00:09:37	<b>00:14:34.30</b>	<b>00:14:38.35</b>	+00:04:40 (32.1%)	4:51	12.4 (68.1%)
35	<b>LEWTAK Adam</b>	<b>86</b>		M Open	27	00:00:05	00:05:02	00:10:01	<b>00:14:40.15</b>	<b>00:14:45.90</b>	+00:04:46 (32.6%)	4:53	12.3 (67.6%)
36	<b>FREITES Luis</b>	<b>25</b>		M Open	28	00:00:01	00:04:57	00:09:54	<b>00:14:44.70</b>	<b>00:14:46.00</b>	+00:04:51 (32.9%)	4:54	12.2 (67.0%)
37	<b>BORYSZKOWSKA Iwona</b>	<b>20</b>	12TRI	K Open	9	00:00:03	00:04:53	00:09:57	<b>00:14:48.80</b>	<b>00:14:52.40</b>	+00:04:55 (33.2%)	4:56	12.2 (67.0%)
38	<b>NOGAŃSKA Żaneta</b>	<b>106</b>		K Open	10	00:00:02	00:04:27	00:09:42	<b>00:14:53.70</b>	<b>00:14:56.30</b>	+00:05:00 (33.6%)	4:57	12.1 (66.5%)
39	<b>LESZCZYŃSKA Maja</b>	<b>84</b>	KS CZEMPION WARSZAWA	K Open	12	00:00:02	00:04:36	00:09:41	<b>00:14:59.85</b>	<b>00:15:02.65</b>	+00:05:06 (34.0%)	4:59	12 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1	2	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Okrażenie 1km	Okrażenie 2km	3km	3km			
39	SKOWROŃSKI Wojciech	147		M Open	29	00:00:06	00:04:59	00:10:04	<b>00:14:56.20</b>	<b>00:15:02.65</b>	+00:05:02 (33.8%)	4:58	12.1 (66.5%)
41	CIEŚLIKOWSKA Dominika	33		K Open	11	00:00:05	00:04:54	00:10:00	<b>00:14:59.00</b>	<b>00:15:04.80</b>	+00:05:05 (34.0%)	4:59	12 (65.9%)
42	NIEMIEC Wojciech	104		M Open	30	00:00:09	00:04:41	00:09:53	<b>00:15:03.45</b>	<b>00:15:13.25</b>	+00:05:09 (34.3%)	5:01	12 (65.9%)
43	GÓRSKI Norbert	49		M Open	31	00:00:07	00:04:51	00:09:54	<b>00:15:06.15</b>	<b>00:15:13.80</b>	+00:05:12 (34.5%)	5:02	11.9 (65.4%)
44	NOWAKOWSKA Beata	108	RACEFIGHTER GOSIR DĘBE WIELKIE	K Open	13	00:00:07	00:05:00	00:10:12	<b>00:15:09.55</b>	<b>00:15:16.85</b>	+00:05:16 (34.7%)	5:03	11.9 (65.4%)
45	OLSZEWSKA Dorota	110	BRACTWO BIEGOWE BGK	K Open	14	00:00:00	00:05:01	00:10:44	<b>00:15:34.00</b>	<b>00:15:34.00</b>	+00:05:40 (36.5%)	5:11	11.6 (63.7%)
46	CHRAPEK Krzysztof	30		M Open	32	00:00:09	00:05:43	00:10:46	<b>00:15:25.05</b>	<b>00:15:34.15</b>	+00:05:31 (35.8%)	5:08	11.7 (64.3%)
47	STRUDZIŃSKI Jakub	41		M Open	33	00:00:07	00:05:06	00:10:19	<b>00:15:36.60</b>	<b>00:15:44.55</b>	+00:05:43 (36.6%)	5:12	11.5 (63.2%)
48	LEWTAK Piotr	87		M Open	35	00:00:04	00:05:17	00:10:32	<b>00:15:40.20</b>	<b>00:15:44.90</b>	+00:05:46 (36.9%)	5:13	11.5 (63.2%)
49	PUŁAWSKA Radosław	127		M Open	34	00:00:07	00:04:54	00:10:11	<b>00:15:38.65</b>	<b>00:15:45.80</b>	+00:05:45 (36.8%)	5:12	11.5 (63.2%)
50	ŁOŚ Krzysztof	89	SBRT/BIEGUNI 2022	M Open	36	00:00:04	00:05:06	00:10:27	<b>00:15:43.65</b>	<b>00:15:48.20</b>	+00:05:50 (37.1%)	5:14	11.5 (63.2%)
51	KURZACZ Katarzyna	80	12TRI.PL	K Open	15	00:00:05	00:05:05	00:10:27	<b>00:15:43.85</b>	<b>00:15:49.50</b>	+00:05:50 (37.1%)	5:14	11.5 (63.2%)
52	WIECZORKIEWICZ Lech	167	NIE W SZCZEPIONKĘ TEAM	M Open	37	00:00:03	00:04:41	00:10:14	<b>00:15:48.85</b>	<b>00:15:52.55</b>	+00:05:55 (37.4%)	5:16	11.4 (62.6%)
53	WIŚNIEWSKI Bartłomiej	170		M Open	38	00:00:03	00:04:56	00:10:30	<b>00:15:55.65</b>	<b>00:15:59.10</b>	+00:06:02 (37.9%)	5:18	11.3 (62.1%)
54	HAWRYLUK-STASIAK Ewa	53	BIEGUNI 2022	K Open	16	00:00:04	00:04:58	00:10:25	<b>00:15:56.25</b>	<b>00:16:00.25</b>	+00:06:02 (37.9%)	5:18	11.3 (62.1%)
55	WÓJCIKIEWICZ Rafał	173		M Open	39	00:00:09	00:05:08	00:10:44	<b>00:16:01.35</b>	<b>00:16:10.35</b>	+00:06:07 (38.3%)	5:20	11.2 (61.5%)
56	CHRAPEK Adam	31		M Open	40	00:00:09	00:05:41	00:10:45	<b>00:16:01.75</b>	<b>00:16:11.15</b>	+00:06:08 (38.3%)	5:20	11.2 (61.5%)
57	LULA Magdalena	88		K Open	17	00:00:07	00:05:16	00:10:50	<b>00:16:10.40</b>	<b>00:16:17.70</b>	+00:06:16 (38.8%)	5:23	11.1 (61.0%)
58	JAWORSKA Karolina	60		K Open	18	00:00:05	00:05:27	00:10:53	<b>00:16:12.25</b>	<b>00:16:17.25</b>	+00:06:18 (39.0%)	5:24	11.1 (61.0%)
59	MACIEJEWSKI Tomasz Mikołaj	91		M Open	41	00:00:10	00:05:24	00:10:49	<b>00:16:14.10</b>	<b>00:16:24.80</b>	+00:06:20 (39.1%)	5:24	11.1 (61.0%)
60	PISKORSKA Agnieszka	122		K Open	19	00:00:10	00:05:22	00:10:53	<b>00:16:15.90</b>	<b>00:16:26.60</b>	+00:06:22 (39.2%)	5:25	11.1 (61.0%)
61	GRZESIAK Jan	52	LEGIA	M Open	42	00:00:09	00:05:09	00:10:43	<b>00:16:17.65</b>	<b>00:16:27.05</b>	+00:06:24 (39.3%)	5:25	11.1 (61.0%)
62	NOWAK Edyta	107		K Open	20	00:00:04	00:05:29	00:11:01	<b>00:16:28.55</b>	<b>00:16:32.55</b>	+00:06:35 (40.0%)	5:29	10.9 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1	2	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Okrażenie 1km	Okrażenie 2km	3km	3km			
63	<b>BUKOWSKI Janusz</b>	<b>23</b>	STOWARZYSZENIE DAĆ SIEBIE INNYM	M Open	43	00:00:01	00:05:38	00:11:01	<b>00:16:28.85</b>	<b>00:16:30.60</b>	+00:06:35 (40.0%)	5:29	10.9 (59.9%)
64	<b>MUZYKA Kacper John</b>	<b>103</b>		M Open	44	00:00:01	00:05:15	00:10:56	<b>00:16:38.95</b>	<b>00:16:40.70</b>	+00:06:45 (40.6%)	5:32	10.8 (59.3%)
65	<b>PŁUSA Jerzy</b>	<b>123</b>		M Open	45	00:00:02	00:05:24	00:11:03	<b>00:16:41.50</b>	<b>00:16:44.20</b>	+00:06:47 (40.7%)	5:33	10.8 (59.3%)
66	<b>LEWTAK Ewa</b>	<b>85</b>		K Open	21	00:00:05	00:05:31	00:11:06	<b>00:16:43.55</b>	<b>00:16:49.05</b>	+00:06:50 (40.9%)	5:34	10.8 (59.3%)
67	<b>HULANICKI Andrzej</b>	<b>57</b>		M Open	46	00:00:05	00:05:30	00:11:06	<b>00:16:45.45</b>	<b>00:16:50.90</b>	+00:06:51 (41.0%)	5:35	10.7 (58.8%)
67	<b>MIAŚKO Renata</b>	<b>100</b>	12TRI.PL / TEAM ZABIEGANEDNI	K Open	22	00:00:06	00:05:32	00:11:15	<b>00:16:45.45</b>	<b>00:16:51.50</b>	+00:06:51 (41.0%)	5:35	10.7 (58.8%)
69	<b>KWIATKOWSKI Tomasz</b>	<b>42</b>		M Open	47	00:00:10	00:06:04	00:11:45	<b>00:16:51.55</b>	<b>00:17:02.50</b>	+00:06:58 (41.3%)	5:37	10.7 (58.8%)
70	<b>RZEPKA Mirek</b>	<b>135</b>	NBRC	M Open	48	00:00:10	00:05:37	00:11:22	<b>00:16:59.95</b>	<b>00:17:10.30</b>	+00:07:06 (41.8%)	5:39	10.6 (58.2%)
71	<b>BODALSKI Jacek</b>	<b>16</b>		M Open	49	00:00:09	00:05:37	00:11:23	<b>00:17:26.10</b>	<b>00:17:36.00</b>	+00:07:32 (43.3%)	5:48	10.3 (56.6%)
72	<b>CIEŚLIKOWSKA Agata</b>	<b>34</b>		K Open	23	00:00:06	00:05:34	00:11:31	<b>00:17:27.10</b>	<b>00:17:33.20</b>	+00:07:33 (43.3%)	5:49	10.3 (56.6%)
73	<b>ZAKRZEWSKA Anna</b>	<b>176</b>		K Open	24	00:00:04	00:05:27	00:11:21	<b>00:17:28.80</b>	<b>00:17:33.15</b>	+00:07:35 (43.4%)	5:49	10.3 (56.6%)
74	<b>MATYSIAK Agnieszka</b>	<b>99</b>		K Open	25	00:00:08	00:05:28	00:11:25	<b>00:17:31.20</b>	<b>00:17:39.85</b>	+00:07:37 (43.5%)	5:50	10.3 (56.6%)
75	<b>GRABOWSKA Kasia</b>	<b>50</b>		K Open	26	00:00:07	00:05:45	00:11:43	<b>00:17:43.20</b>	<b>00:17:51.10</b>	+00:07:49 (44.2%)	5:54	10.2 (56.0%)
76	<b>JANUSZKIEWICZ Patrycja</b>	<b>59</b>		K Open	27	00:00:03	00:05:33	00:11:42	<b>00:17:44.20</b>	<b>00:17:47.20</b>	+00:07:50 (44.2%)	5:54	10.2 (56.0%)
77	<b>SIKORA Kalina</b>	<b>144</b>		K Open	28	00:00:10	00:05:54	00:12:25	<b>00:18:01.25</b>	<b>00:18:11.40</b>	+00:08:07 (45.1%)	6:00	10 (54.9%)
78	<b>SIKORA Zuzanna</b>	<b>142</b>	PZU SPORT TEAM	K Open	29	00:00:10	00:05:54	00:12:24	<b>00:18:03.65</b>	<b>00:18:13.70</b>	+00:08:10 (45.2%)	6:01	10 (54.9%)
79	<b>ARSENIUK Sylwia</b>	<b>12</b>		K Open	30	00:00:06	00:05:39	00:12:00	<b>00:18:06.45</b>	<b>00:18:12.80</b>	+00:08:12 (45.4%)	6:02	9.9 (54.4%)
80	<b>ŚMIETAŃSKA Beata</b>	<b>153</b>		K Open	31	00:00:03	00:05:33	00:11:57	<b>00:18:08.80</b>	<b>00:18:11.95</b>	+00:08:15 (45.5%)	6:02	9.9 (54.4%)
81	<b>CHRAPEK Agnieszka</b>	<b>29</b>		K Open	32	00:00:10	00:05:57	00:12:11	<b>00:18:09.10</b>	<b>00:18:19.60</b>	+00:08:15 (45.5%)	6:03	9.9 (54.4%)
82	<b>CHRAPEK Piotr</b>	<b>28</b>		M Open	50	00:00:10	00:05:57	00:12:11	<b>00:18:09.15</b>	<b>00:18:19.30</b>	+00:08:15 (45.5%)	6:03	9.9 (54.4%)
83	<b>VALIEVA Aliia</b>	<b>159</b>		K Open	33	00:00:08	00:05:43	00:12:13	<b>00:18:30.80</b>	<b>00:18:39.60</b>	+00:08:37 (46.6%)	6:10	9.7 (53.3%)
84	<b>BAJOREK Jacek</b>	<b>13</b>		M Open	51	00:00:08	00:05:36	00:12:06	<b>00:18:59.05</b>	<b>00:19:07.95</b>	+00:09:05 (47.9%)	6:19	9.5 (52.2%)
85	<b>ZAWADZKA Aleksandra</b>	<b>178</b>		K Open	34	00:00:16	00:06:22	00:12:34	<b>00:19:01.10</b>	<b>00:19:17.90</b>	+00:09:07 (48.0%)	6:20	9.5 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1	2	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Okrażenie 1km	Okrażenie 2km	3km	3km			
86	ZAWADZKI Konrad	179		M Open	52	00:00:16	00:06:23	00:12:34	<b>00:19:01.20</b>	<b>00:19:17.80</b>	+00:09:07 (48.0%)	6:20	9.5 (52.2%)
87	PARADOWSKA Aleksandra	115		K Open	35	00:00:12	00:06:05	00:12:42	<b>00:19:13.40</b>	<b>00:19:25.70</b>	+00:09:19 (48.5%)	6:24	9.4 (51.6%)
88	KISIELEWICZ Bożena	63	BIEGOWY WARIAT RUNNING TEAM	K Open	36	00:00:11	00:06:13	00:12:42	<b>00:19:23.10</b>	<b>00:19:34.80</b>	+00:09:29 (49.0%)	6:27	9.3 (51.1%)
89	LESZCZYŃSKA Monika	83	TEAMZABIEGANEDNI	K Open	37	00:00:03	00:06:13	00:13:08	<b>00:19:48.60</b>	<b>00:19:51.65</b>	+00:09:55 (50.1%)	6:36	9.1 (50.0%)
90	KOWALCZYK Bogdan	72	WARSZAWA-BRÓDNO	M Open	53	00:00:09	00:06:37	00:13:18	<b>00:19:53.85</b>	<b>00:20:03.65</b>	+00:10:00 (50.3%)	6:37	9.1 (50.0%)
<b>Przekroczony limit czasu: 00:20:00</b>													
91	WRÓBLEWSKI Mariusz	66	NASZA PAKA BIEGA	M Open	54	00:00:09	00:06:11	00:13:14	<b>00:20:26.45</b>	<b>00:20:35.85</b>	+00:10:32 (51.6%)	6:48	8.8 (48.4%)
92	KLUSEK Jolanta	68		K Open	38	00:00:03	00:06:55	00:14:02	<b>00:21:08.95</b>	<b>00:21:12.85</b>	+00:11:15 (53.2%)	7:02	8.5 (46.7%)
93	SZYSZKA Urszula	152		K Open	39	00:00:11	00:06:51	00:14:07	<b>00:21:16.30</b>	<b>00:21:28.20</b>	+00:11:22 (53.5%)	7:05	8.5 (46.7%)
94	WRÓBLEWSKA Joanna	174		K Open	40	00:00:07	00:07:07	00:14:46	<b>00:22:21.45</b>	<b>00:22:29.25</b>	+00:12:27 (55.8%)	7:27	8.1 (44.5%)
95	PARADOWSKA Małgorzata	114		K Open	41	00:00:13	00:06:50	00:14:50	<b>00:22:56.05</b>	<b>00:23:09.15</b>	+00:13:02 (56.9%)	7:38	7.8 (42.9%)
96	PARADOWSKA Anna	113		K Open	42	00:00:12	00:06:50	00:14:51	<b>00:22:56.60</b>	<b>00:23:09.10</b>	+00:13:03 (56.9%)	7:38	7.8 (42.9%)
97	REDA Alicja	131	TZD	K Open	43	00:00:11	00:07:40	00:15:49	<b>00:23:55.70</b>	<b>00:24:07.40</b>	+00:14:02 (58.7%)	7:58	7.5 (41.2%)
	MAŁEK Stanisław	93		M Open		DNF	00:06:13 DNF	00:13:18 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	MAŁEK Zuzia	94		K Open		DNF	00:06:13 DNF	00:13:18 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	GONTAREK Antonina	46		K Open		DNF	00:06:40 DNF	00:13:29 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	PUŁAWSKI Paweł	128		M Open		DNF	00:04:36 DNF	00:14:11 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	CZESZEJKO SOCHACKA Katarzyna	109		K Open		DNF	00:06:35 DNF	00:14:49 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	CZESZEJKO SOCHACKI Filip	24		M Open		DNF	00:06:38 DNF	00:14:51 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	PRZELASKOWSKA Dorota	125		K Open		DNF	00:06:58 DNF	00:15:20 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	SIKORA Kaja	143		K Open		DNF	00:06:58 DNF	00:15:20 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	STANICKA Grażyna	148	SAN	K Open		DNF	00:09:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	MAŁEK Marysia	95		K Open		DNF	00:17:10 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	MAŁEK Karolina	96		K Open		DNF	00:17:11 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1 Okrążenie 1km	2 Okrążenie 2km	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
-----	----------	-------	------	-----------	------	-------------	-----------------	-----------------	----------------	-----------------	------	--------------	------------

Znaleziono 108 wynik(ów)